

# SHRED NUTRITION PLAN: WEEKS 9-12



## INTERMEDIATE WEEKLY PLAN

\*EAT PORTION SIZE BASED ON APPETITE \*\*UNCOOKED WEIGHT

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	<ul style="list-style-type: none"> <li>6 egg white/1 yolk omelette</li> <li>50g oats cooked with 50ml skim milk</li> <li>Tea or coffee</li> </ul>	<ul style="list-style-type: none"> <li>1 Scoops MAX'S SuperShred protein mixed with 50g oats and water</li> <li>Small tub low fat yoghurt</li> <li>Tea or coffee</li> </ul>	<ul style="list-style-type: none"> <li>6 egg white/1 yolk omelette</li> <li>50g oats cooked with 50ml skim milk</li> <li>Tea or coffee</li> </ul>	<ul style="list-style-type: none"> <li>1 Scoops MAX'S SuperShred protein mixed with 50g oats and water</li> <li>Small tub low fat yoghurt</li> <li>Tea or coffee</li> </ul>	<ul style="list-style-type: none"> <li>6 egg white/1 yolk omelette</li> <li>50g oats cooked with 50ml skim milk</li> <li>Tea or coffee</li> </ul>	<ul style="list-style-type: none"> <li>1 Scoops MAX'S SuperShred protein mixed with 50g oats and water</li> <li>Small tub low fat yoghurt</li> <li>Tea or coffee</li> </ul>	<ul style="list-style-type: none"> <li>6 egg white/1 yolk omelette</li> <li>50g oats cooked with 50ml skim milk</li> <li>Tea or coffee</li> </ul>
MID MORNING	<ul style="list-style-type: none"> <li>MAX'S SuperShred protein</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperShred protein</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperShred protein</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperShred protein</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperShred protein</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperShred protein</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperShred protein</li> </ul>
LUNCH	<ul style="list-style-type: none"> <li>Medium tin tuna (185g)</li> <li>Garden salad</li> <li>100g sweet potato**</li> </ul>	<ul style="list-style-type: none"> <li>200 - 300g Lean steak*</li> <li>2 - 3 Cups steamed vegetables</li> <li>100g sweet potato**</li> </ul>	<ul style="list-style-type: none"> <li>200 - 300g Grilled chicken breast*</li> <li>2 - 3 Cups steamed vegetables</li> <li>100g sweet potato**</li> </ul>	<ul style="list-style-type: none"> <li>Medium tin tuna (185g)</li> <li>Garden salad</li> <li>100g sweet potato**</li> </ul>	<ul style="list-style-type: none"> <li>200 - 300g Lean steak*</li> <li>2 - 3 Cups steamed vegetables</li> <li>100g sweet potato**</li> </ul>	<ul style="list-style-type: none"> <li>200 - 300g Grilled chicken breast*</li> <li>Garden salad</li> <li>100g sweet potato**</li> </ul>	<ul style="list-style-type: none"> <li>200 - 300g Lean steak*</li> <li>2 - 3 Cups steamed vegetables</li> <li>100g sweet potato**</li> </ul>
PRE WORKOUT	<b>WEIGHT TRAINING DAY</b> <ul style="list-style-type: none"> <li>MAX'S Cre8 Carnage</li> </ul>	<b>WEIGHT TRAINING DAY</b> <ul style="list-style-type: none"> <li>MAX'S Cre8 Carnage</li> </ul>	<b>WEIGHT TRAINING DAY</b> <ul style="list-style-type: none"> <li>MAX'S Cre8 Carnage</li> </ul>	<b>WEIGHT TRAINING DAY</b> <ul style="list-style-type: none"> <li>MAX'S Cre8 Carnage</li> </ul>	<b>WEIGHT TRAINING DAY</b> <ul style="list-style-type: none"> <li>MAX'S Cre8 Carnage</li> </ul>	<b>WEIGHT TRAINING DAY</b> <ul style="list-style-type: none"> <li>MAX'S Cre8 Carnage</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperShred</li> </ul>
AFTER WORKOUT	<ul style="list-style-type: none"> <li>MAX'S SuperShred (Mix in milk after Weight training , mix in water at all other times)</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperShred (Mix in milk after Weight training , mix in water at all other times)</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperShred (Mix in milk after Weight training , mix in water at all other times)</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperShred (Mix in milk after Weight training , mix in water at all other times)</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperShred (Mix in milk after Weight training , mix in water at all other times)</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S SuperShred (Mix in milk after Weight training , mix in water at all other times)</li> </ul>	<b>CARDIO</b> (Optional)
DINNER	<ul style="list-style-type: none"> <li>200 - 300g Lean steak*</li> <li>Large garden salad or 2 - 3 cups steamed vegetables</li> </ul>	<ul style="list-style-type: none"> <li>200 - 300g Grilled chicken breast *</li> <li>Large garden salad or 2 - 3 cups steamed vegetables</li> </ul>	<ul style="list-style-type: none"> <li>200 - 300g Grilled fish*</li> <li>Large garden salad or 2 - 3 cups steamed vegetables</li> </ul>	<ul style="list-style-type: none"> <li>200 - 300g Chicken or beef &amp; vegetable stir fry*</li> </ul>	<ul style="list-style-type: none"> <li>200 - 300g Grilled chicken breast *</li> <li>Large garden salad or 2 - 3 cups steamed vegetables</li> </ul>	<ul style="list-style-type: none"> <li>200 - 300g Chicken or beef &amp; vegetable stir fry*</li> </ul>	<ul style="list-style-type: none"> <li>200 - 300g Lean steak*</li> <li>Large garden salad or 2 - 3 cups steamed vegetables</li> </ul>
EVENING	<ul style="list-style-type: none"> <li>MAX'S NiteTime protein</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S NiteTime protein</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S NiteTime protein</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S NiteTime protein</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S NiteTime protein</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S NiteTime protein</li> </ul>	<ul style="list-style-type: none"> <li>MAX'S NiteTime protein</li> </ul>